

Grains for Infants

Bread, crackers, iron-fortified infant cereal or ready-to-eat cereal may be served to infants at snack. Grains must be made from whole-grain or enriched meal or flour and made without nuts, seeds, or hard pieces of whole grain kernels. Consult with the infant's parent/guardian prior to serving these items.

CREDITABLE GRAINS:

Bread

- Breads, strips or small pieces of dry bread or toast
- Biscuits
- Bagels
- English muffins
- Pita bread
- Rolls
- Soft tortillas
- Teething biscuits

Crackers

- Saltines
- Rounds, ovals, squares
- Small fish shaped

Ready-to-eat Breakfast Cereal

- Ready-to-eat breakfast cereal (must contain no more than 6 grams of sugar per dry ounce) that is age appropriate for infant

DO NOT SERVE THE FOLLOWING GRAINS:

Choking risk:

- Potato or corn chips, pretzels, or cheese twists
- Crackers or breads with seeds, nut pieces, or whole grain kernels such as wheat berries
- Whole kernels of cooked rice, barley, or wheat; these should be finely ground or mashed before feeding to infants
- Ready-to-eat cereal that is not age-appropriate for infant (larger pieces, difficult to chew)

Non-Creditable:

- Cookies, including vanilla wafers
- Cereal bars, breakfast bars, granola bars
- Sweet crackers that include honey
- Sweet rolls
- Toaster pastries